

NUTRITION EDUCATION LESSON PLAN

Local WIC Provider:

Lesson Title: Get Moving!	Developed by: Colorado State University	Date: 2009
	<local agency nutritionist name>	Review Date:

MOWINS NE topic(s): Other (document FNEP in general notes) and Physical Activity

Target Population*: Women and Children ☒ Group Session

Learning Objective(s):

Participants discover the enjoyment of being active and identify the health benefits of being active. They participate in physical activity. Physical activity recommendations are reviewed. Students set activity goals.

Learning Activities:

Activity: Identifying barriers and solutions for physical activity. Scarves for physical activity.

Content:

Finding a balance between food and activity. Current recommendations for the amount of physical activity needed each day. Explore reasons why we are not more physically active and identify solutions. Discuss what is physical activity and identify ways to be more physically active. Describe the 3 types of physical activity- stretching, strengthening and aerobic. Using scarves, do some stretching activities.

Methods, Materials, and Equipment

Visuals are used. When time and facilities allow a food tasting, demo or preparation is conducted.

Est. Cost:

Evaluation Method:

A retrospective pretest method is used - participants fill out an evaluation card at the end of the lesson.